Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-17 (Canceled)

18. (Currently amended) A computer-aided method for improving a user's emotional state comprising:

   a. receiving from the user:

      i. attributes of emotion perceived as influencing his general emotional state,

      ii. a weighting factor for each of said attributes of emotion representing a degree of influence each of said attributes of emotion bears on his general emotional state,

   b. receiving from the user an emotion feeling input representing the emotion feeling of the user at a particular moment,

   c. applying ~~an~~ a first algorithm to the attributes of emotions and the associated weighting factors inputted by the user so as convert the emotional feeling inputted by the user into a happiness-index reflective of the emotional feeling, the attributes of emotion, and the weighting factors inputted by the user, ~~said emotion feeling input so as to generate a happiness-index reflective of said user inputted attributes of emotions and said associated weighting factors~~, and

   d. ~~providing a recommendation~~ formulating a recommended course of action for the improvement of the user's emotional state by applying a second algorithm to ~~based on~~ said happiness-index and to a database of treatment options associated with the attributes of emotion received from the user.

19. (Previously Presented) The computer-aided method for improving a user's emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attributes of emotion as a written input.

20. (Previously Presented) The computer-aided method for improving a user's emotional state of claim 19 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a written input selected from a written list of emotional attributes.

21. (Previously Presented) The computer-aided method for improving a user's emotional state of claim 18 wherein said receiving attribute of emotion includes receiving said attribute of emotion as a verbal input.

22. (Previously Presented) The computer-aided method for improving a user's emotional state of claim 18 wherein said happiness-index is expressed in terms of a visual representation of rating enabling comparison to other generated happiness-indexes.

23. (Currently Amended) The computer-aided method for improving a user's emotional state of claim 18 wherein said ~~representation of rating~~ happiness-index is expressed in terms of an audiovisual presentation.

24. (Previously Presented) The computer-aided method of claim 18 wherein said providing a recommendation includes providing said recommendation drawn from a data base containing an emotional profile similar to that of the user.

25. (Previously Presented) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive communications link to a qualified psychological professional who provides said recommendation.

26. (Previously Presented) The computer-aided method of claim 18 wherein said providing a recommendation includes providing an interactive

communications link to a group of individuals that provides support and assistance.

27. (Previously Presented) The computer-aided method of claim 18 further comprising receiving updated attributes of emotion and associated weighting factors to be used by said algorithm in future happiness-index calculations.

28. (Previously Presented) The computer-aided method of claim 18 further comprising storing said inputted attributes of emotion, said associated weighting factors, said inputted emotional feeling and said recommendations into a collective emotional-profile data bank for the sake of improving future recommendations.